



# TRAGMAG



***Issue 285 - April 2013***

***[www.stragglers.org](http://www.stragglers.org)***

***[www.stragglers.org/stragchat](http://www.stragglers.org/stragchat)***

*For the latest news, like us on Facebook "The Stragglers Running Club"*



## Stragglers Club Nights

Little Feet Nights are on Mondays @ 7.30pm. Come find and run with us from:

**The Albion Pub, 45 Fairfield Rd, Kingston Upon Thames, Surrey, KT1 2PY**

*All levels are warmly welcomed and catered for – from walking groups upwards.*

Hampton Hill Evening Runs are on Mondays @ 7.30pm. Come find and run with us from:

**Hampton Hill Bushy Park Gate – Opposite United Reformed Church**

*A pleasant 3-4 mile run – a nice way to spend Monday night amongst friends new and old.*

FGC Speed/Hill Sessions are on Tuesdays @ 7.30pm. See StragChat for weekly details:

**Ham Common, opposite The Hand in Flower, 24 Upper Ham Rd,**

**Ham Common, Surrey, TW10 5LA.**

*Ideal for those wanting to carve minutes off their PB's with the help and pushing of others.*

Thames Ditton Group Runs are on Tuesdays @ 7.30pm. Come find and run with us from:

**Thames Ditton Cricket Club Giggs Hill Green, Portsmouth Rd, Thames Ditton,  
Surrey, KT17 0BT.**

*Friendly, social running group doing 5 to 6 mile routes at a variety of paces to suit all runners  
Speak to Jim or Merran Sell for more details: msell60@btinternet.com*

The Stragglers Main Club nights are on Thursdays @ 7.30pm. Come find us and run from:

**YMCA Hawker Sports Centre, Lower Ham Rd, Kingston Upon Thames,  
Surrey, KT2 5BA**

*All levels are warmly welcomed and catered for – from walking groups upwards.*

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## Next Stragmag

The next StragMag will be available at the Hawker Centre from  
Thursday May 30<sup>th</sup> 2012.

The deadline for submissions will be Thursday May 16<sup>th</sup>,  
email me at [stragmag@stragglers.org](mailto:stragmag@stragglers.org)

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**Front Cover:** Louise Neville at the Bushy Park Trail Run in 2009

The photo is courtesy of Nigel Rothwell.

**Back Cover:** Sabine, Kiara and Donovan Duffy at the finish of the Two Oceans  
Marathon.

Thanks to Sabine for the photo.

# The Green Belt Relay needs your help

This year's Green Belt Relay, which was due to take place 10/11 May, has been cancelled. The race needs a critical mass of people to operate safely and successfully, and the organising team felt unable to guarantee this.

The GBR is, for me, the thing that makes The Stragglers special – a triumph of imagination, organisation and energy. It has run every year since 1995 with just one year missed due to Foot & Mouth, and provides an unforgettable adventure for hundreds of people each year as it weaves its way around the glorious countryside.

It is also a race which has strong support - the past two years saw big increases in the number of teams taking part, rave reviews from all competitors, and improvements in all sorts of aspects of organisation. It has a brilliantly worked-out course, very thorough risk assessments and instructions, a loyal fan base, a colourful history, and those brilliant route descriptions on the website. This is a race that was, until this year, very much growing and improving – our main concern until recently was how to cope with over 29 teams at changeovers.

So I believe this is a race that's well worth saving, and I'm sure plenty of others do too, but to do so we need to make sure that 2014 is a success. There are a number of things we want to do, but the main ones are:

- getting more Stragglers involved much earlier
- picking a date that avoids clashes
- changing/improving some of the marshalling and safety arrangements (and a couple of the stage routes)
- improving our publicity and communications.

There are many things you can do to help. We are getting more people involved in the organising committee, so if you can spare some time, we need you. When the event comes we need markers, marshals, first-aiders, timekeepers, and we need enthusiastic teams of Stragglers competing. We'll be back in touch, but don't be shy and don't leave it up to someone else.

Thanks.

Peter Kennedy

### **Runner's Knee (Patellofemoral Pain)**

Runner's knee is a term used to refer to a number of medical conditions that cause pain around the front of the knee (patellofemoral pain). These conditions include anterior knee pain syndrome, patellofemoral malalignment, and chondromalacia patella.

#### **Causes**

**A number of factors can contribute to runner's knee, including:**

- Malalignment of the patella, due to weak ankles rotating tibia, or tight lateral thigh.
- Complete or partial dislocation often caused by deep squatting with a malalignment.
- Injury from a fall or impact injury, but may also be from kneeling on hard surfaces.
- Tightness, imbalance, or weakness of thigh muscles. Tight quads pull the patella up into the joint, forcing the patella to grind against the femur.
- Flat feet, without arches the foot has no spring to absorb shock, so the shock travels up the leg to the knee or hip.

Patellofemoral pain may be the result of irritation of the soft tissues around the front of the knee. Strained tendons are fairly common in runners. Other contributing factors to patellofemoral pain include overuse, muscle imbalance and inadequate stretching. Pain that begins in another part of the body, such as the back or hip, may cause pain in the knee (referred pain).

In some people with runner's knee, the patella is out of alignment. If so, running can cause excessive stress and wear on the patella cartilage. This can lead to softening and breakdown of the cartilage on the patella (chondromalacia patella) and cause pain in the underlying bone and irritation of the joint lining.

#### **Symptoms**

A dull, aching pain under or around the front of the patella where it connects with the lower end of the femur. Pain occurs when walking up or down stairs, kneeling, squatting, and sitting with a bent knee for a long period of time.

#### **Prevention**

- **Stay in shape.** Good general conditioning is important to controlling and preventing patellofemoral pain. If you're too heavy, you may need to lose weight to avoid overstressing your knees. Check to see if you have sufficient gluteal strength, do you stand with your feet under you i.e. in line with your hips, or do you stand with them wider apart. The wider apart they are the weaker the glutes will be.
- **Stretch.** Before running or any other exercise, first do a 5-minute warm up, followed by stretching exercises. Stretching, particularly in the face down position (prone), will help keep the supporting structures around the front of the knee flexible and less likely to be irritated with exercise. For example, when lying prone, grab the ankle of the affected leg with one hand, and gently stretch the front of the knee. Stretch before and after exercise.
- **Increase training gradually.** Avoid sudden changes in the intensity of exercise, or the surface eg changing from grass to road, or the inclusion of hills. Increase force or duration of activities gradually.
- **Use proper running gear.** Use running shoes with good shock absorption and quality construction. Be sure that shoes fit properly and are in good condition. If you have flat feet, or weak ankles, you may need orthotics.
- **Use proper running form.** Lean forward and keep your knees bent. Also, try to run on a clear, smooth, resilient, even, and reasonably soft surface. If you have knee pain NEVER run straight down a steep hill. Walk down it, or run in a zigzag pattern with small strides.

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# Straggs Summer Champs

This seasons summer champs will consist of the following races.  
As usual, the best 5 results count towards your score with the  
Hero category open to those who compete in all events.

- 1) Richmond Half 5 May
- 2) Sutton 10k 12 May
- 3) Dorking 10 2 June
- 4) Club 10k 20 June
- 5) Richmond 10k 23 June
- 6) Elmbridge 10k 21 July
- 7) Wedding Day 26 July
- 8) Wimbledon 5k 11 Aug

If you need any more information, see Roy or Carys.

# Ham & Petersham Open Gardens

## Sunday 19<sup>th</sup> May 2-5pm

Helen will be running the Tea and Cakes in the hall of St Thomas Aquinas Church (by the pond on Ham Common) and will be donating profits to the Princess Alice Hospice in memory of Louise Neville.

If you are free that afternoon, why not go along and have some tea and a big slice of cake and visit some of the wonderful gardens of Ham and Petersham.

### *Rome Marathon 17th March*

Time	Name
2.59.07	Crispin Allen
3.30.01	Dave Griffiths

### *Kingston Breakfast Run 8.2 24th March*

Time	Name
1.06.14	Adam Hughes
1.15.58	Amanda Van Heerden
1.15.57	Claudia Quiroz
1.29.22	Justine Garnett

### *Bushy Park 10k 17th March*

Time	Name
37.56	Jonathon Ormarod <b>1st</b>
51.30	Philip Cobden
52.07	Dan Wren
52.07	Michaela Stewart

### *Leith Hill Half 24th March*

Time	Name
01:51:03	Phil Davies

# Two Oceans Ultra Marathon

My husband Donovan and I are running with the Thames Ditton Group on Tuesdays. Donovan is South African. For a while we knew about the Two Ocean Ultra Marathon in Cape Town and decided to run it in 2013.

We joined the Stragglers last year autumn when we signed up for the Two Oceans Ultra Marathon 2013 (56k) in Cape Town. Running with the club helped a lot to master the tough training schedule over the long Winter months. We both finished the race on Easter Saturday. Donovan finished in 04:58:27, I finished in 06:45:45.

It is meant to be the most beautiful marathon which is not an exaggeration. Having this breathtaking scenery of the 2 Oceans, white sandy beaches, Table Mountain and good support from the organisation as well as spectators along the route helps the body and mind to get through the long distance of 56k. We highly recommend this race to all Stragglers who are up for a 6.30am race start and a nice holiday in SA.

## Sabine Duffy

### parkrun Spring Challenge Final Results

Ladies's Winner: Pamela Whitter 81.64%  
Men's Winner: Kevin Best 90.58%

Ladies' Hero: Julie Haworth (Completing all 5 events with highest score)  
Men's Hero: Keith Haworth (Completing all 5 events with highest score)

Well done Liz Zass for also completing all 5 events.

See the website for the full results.

### *Cranleigh 21 mile 24th March*

Time	Name
02:26:48	Tom Wood <b>35th</b>
02:32:23	Petr Hruska
02:21:48	Jonathon Cox
02:53:40	Peter Dry
03:01:52	Meryl n Davis
03:11:33	David Worth
03:13:17	Jacqueline Millet
03:29:29	Camilla Langlands

*Reading Half Marathon  
17th March*

Time	Name
1.15.34	Paul Cheetham 90th
1.19.32	Pascal Evans
1.34.24	Carl Moran
1.35.15	Andrew Allen
1.36.48	Nick Rowe
1.38.32	Jonathon Cox
1.41.41	Timothy Hawkins
1.44.19	Paul Chandler
1.44.50	Catherine Oates
1.45.21	Karen Cousins
1.47.09	Francis O'Reilly
1.47.45	Iain Collins
1.52.36	Brigid Hibberd
1.52.59	Louise Deveney
1.59.51	Celine Muller
2.16.05	Lisa James
2.17.30	Ann Coward
2.20.41	Edward Mcardle
2.31.59	Ray Coward
2.38.31	Patrick English
2.51.16	Chanda Hawkins

*Kingston Breakfast Run 16  
24th March*

Time	Name
1:33:07	Roger Barr 4th
1:45:31	Ben Roberts
1:48:45	Steve Smith
2:04:34	Nick Watson
2:06:26	Steven Iffland
2:06:40	Bertus Swanepoel
2:07:37	Joanne Hillier
2:17:48	Stuart Boucher
2:18:30	Helen Hogh
2:20:41	Sue Turner
2:21:06	Stew Horne
2:21:41	Andre Mccrorie
2:22:41	Paul Boca
2:27:59	Helen Nance
2:29:24	Catherine Gorton
2:33:28	Lone Turnbull
2:57:02	Cindy Smith
2:57:42	Franz Wemdle
3:03:56	Paresh Mehta
3:03:56	Louise Alder
3:26:06	Helen Brett

*Cranleigh 15 mile  
24th March*

Time	Name
01:49:50	Sarah Williams 3rd Lady/ 20th Overall

*Hammersmith H/Cap  
26th March*

Time	Name
23:45	Peter Dry



*Richmond 13.1  
31st March*

<b>Time</b>	<b>Name</b>	<b>Time</b>	<b>Name</b>
1.17.17	Paul Cheetham <b>7th</b>	1.48.49	Meryl yn Davis
1.22.13	Pascal Evans <b>17th</b>	1.51.13	Will Boss
1.29.24	Antony Maxwell	1.52.06	Helen Davies
1.33.11	Daniel Adams	1.52.48	Malcolm Davies
1.34.52	Nick Rowe	1.55.10	Michaela Stewart
1.35.13	Carl Moran	1.59.15	Lynda Chase
1.38.18	Adam Hughes	1.59.43	Camilla Langlands
1.41.32	David Fitzgibbons	2.00.18	Geoff Miles
1.44.22	Jacqueline Millet	2.03.18	Christopher Tyrrell
1.44.59	Nicole Hambling	2.07.26	Jane Elmslie
1.46.30	Angus Watson	2.06.47	Patrick Hall
1.47.49	Paul Boca	2.19.29	Lisa James
1.47.27	Christian Morris	2.24.56	Marianne Morris

*Two Oceans Ultra Marathon  
30th March*

<b>Time</b>	<b>Name</b>
04:58:27	Donnovan Duffy
06:45:45	Sabine Duffy

*Woking 3M  
3rd April*

<b>Time</b>	<b>Name</b>
20:28	Peter Dry

*Maidenhead Easter 10  
29th March*

<b>Time</b>	<b>Name</b>
00:58:59	Pascal Evans <b>42nd</b>
01:03:20	Jim Desmond
01:08:47	David Bate
01:11:14	David Griffiths
01:17:15	Tim Wood
01:20:36	Neil Chapman
01:56:44	Tony Oakes

*Crystal Palace Canter 5k  
2nd April*

<b>Time</b>	<b>Name</b>
22:51	Peter Dry

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### *East Surrey Athletic League 4.25M - 4th April*

Time	Name
32.16	Peter Dry

### *Paddock Wood Half 7th April*

Time	Name
1.21.49	Claire Bond
1.27.01	Sonia Bandeira
1.27.00	Sarah Winter

### *Brighton Marathon 14th April*

Time	Name
3:18:28	Noel Hollingsworth
3:32:59	David Strange <b>PB</b>
3:35:04	Nick Rowe
3:38:11	Neil Carrington
3:42:50	Sula Bancroft
3:54:57	Timothy Hawkins
3:58:27	Jacqueline Sinclair
4:00:41	Peter Wedderburn
4:54:00	Katharine Haynes

# Welsh Castles Relay

## 8<sup>th</sup> & 9<sup>th</sup> June 2013

Just a few places left. Don't miss this opportunity to enjoy one of our club's best running weekends!

<http://www.lescroupierswcr.org/>

Contact:

Steve Sandham

[stevesandham1@btinternet.com](mailto:stevesandham1@btinternet.com)

Carys Mills

[carys@carysmillsrecruitment.co.uk](mailto:carys@carysmillsrecruitment.co.uk)



Welsh Castles Relay 2012 Ladies' and Men's Teams



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*Bushy***Ev 457 - 30/03**

Mark Deane	23:47
Amanda Van Heerden	26:53
Merran Sell	27:17
Martin J Smith	33:05

**Ev 458 - 06/04**

Tom Millns	19:33
Amanda Van Heerden	26:24
Jill Pegler	26:58

*Old Deer***Ev 123 - 06/04**

Pedro Das Gupta	21:14
Nick Watson	22:30
Peter Wedderburn	25:58
Ingrid Wagner	26:12
Rosemarie Clancy	27:13

**Ev 124 - 13/04**

Nick Watson	21:22
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*Richmond***Ev284 - 06/04**

Mark Deane	24:23
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Congratulations to Sonia Bandeira (Kingston Ev 159) and to Anthony Jackson (Bushy Park Ev 457 & 459) for their first place finishes at the local parkruns.

Congratulations also to James Ruskin (Kingston Ev 158) and Maddie Garner (Kingston Ev 159) for their second places and to Phyllis Flynn for her third place at Banstead Woods (Ev 302).



*Congratulations to all the indicated runners who improved on their race bests at the local parkruns.*

*Kingston***Ev 157 - 30/03**

Mike Tivnen	25:54
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**Ev 159 - 13/04**

James Ruskin	17:51
Kevin Best	18:14
Sonia Bandeira	20:00
Maddie Garner	20:14
Dan Wren	22:27
Franz Werndle	26:30

# Straggs Survey

A big thank you to everyone who took part in the survey.

The results are now out and are now out and are available on the website.

[www.stragglers.org](http://www.stragglers.org)

# Stragglers Treasurer Required

Sue Cockle, the current treasurer, will be standing down at the AGM in July, so we are looking for a new treasurer. You don't have to be an accountant, Sue isn't, just good at keeping books.

You also need to be a regular attendee on a Thursday evening.

If you think you might be interested, why not speak to Sue for more information on what the role entails.

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Dear Stragglers



I am a therapist at DMRC Headley Court and after working with injured servicemen for 11 years (and sponsoring some of them and others in H4H events) I decided it is my turn to raise some cash.

I am participating in the Big Battlefield Bike Ride 2013 to raise money for Help 4 Heroes (H4H).

BBBR13 involves cycling 370 miles over 6 days, through France and Kent, starting in Paris and finishing with a wreath laying at the Cenotaph in London on 2nd June.

Further information:- [http://www.helpforheroes.org.uk/challenges\\_2013\\_big\\_battlefield\\_bike Ride.html](http://www.helpforheroes.org.uk/challenges_2013_big_battlefield_bike Ride.html)

I had first hand experience of the work H4H do - from the funding of large capital project such as the swimming facility at Headley Court and the Army Recovery Centres opening up around the country, to the finding they provide to Battleback, allowing injured servicemen and ex servicemen to participate in sport - some of them to national and international level.

They also provide a "Quick Reaction Fund" that I and other therapists use to get injured servicemen home as quick as possible after injury - allowing them a break from rehabilitation.

All the money raised will go to charity, I have covered the costs of my participation in the challenge.

<http://www.bmycharity.com/gwiglew>

Thank you for your support.

George Glew (ex Straggler)



# Straggs Diary

	Date Event	Contact / Notes
May	5th <b>Ranelagh Half Marathon</b>	Surrey Road League/ County Champs
	12th <b>Sutton 10k</b>	Surrey Road League
	19th Ham & Petersham Open Gardens	
	30th Junior Handicap	For more info, see Merran
Jun	2nd <b>Dorking 10M</b>	Surrey Road League/ County Champs
	8th/9th Welsh Castles	See Steve Sandham
	13th Junior Handicap	For more info, see Merran
	20th <b>Club 10k Champs</b>	
	23rd <b>Richmond 10k</b>	Surrey Road League/ County Champs
Jul	27th Junior Handicap	For more info, see Merran
	11th AGM	
	13th <b>Elmore 7M</b>	Surrey Road League
	18th Junior Handicap	For more info, see Merran
	21st <b>Elmbridge 10k</b>	Surrey Road League
Aug	26th <b>Wedding Day</b>	
	11th <b>Wimbledon 5k</b>	Surrey Road League/ County Champs
	29th Junior Handicap	For more info, see Merran
Sept	14th Surrey County Road Relays	Wimbledon Park
	14th/15th Round Norfolk Relay	For more info, see Simon Webb or Simon Brazil
	22nd South of England Road Relays	Ladies Race - Aldershot
	23rd South of England Road Relays	Mens Race - Aldershot

Race information given is accurate to the best of our knowledge, but you are strongly advised to check details with the race organisers before travelling or making other arrangements.

Italicised Events for the Stragglers Summer Road Championships and the emboldened Events form the Surrey Road League. See Roy or Carys for further details. Roy and Carys also maintain email distribution lists and they send out regular updates regarding upcoming races and events. If you'd like to be added to their lists please contact them.

Note, if you enter a race as a Straggler it is important that :

- You are a paid up member of the club. Don't forget, your subs are due every April 1<sup>st</sup>.
- You enter the club name on the entry form as "The Stragglers".
- You wear club kit.

It has been know for us to miss some team awards because these points were not properly observed.



